Alumni & Discovery Classes - September 2018



| Class | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|--|
| begins at: | 9/3 | 9/4 | 9/5 | 9/6 | 9/7 |
| 9:00 | | 9:15 Tabata Time! | Time Management or Move to Soothe | Wellness Workout | Dance of Wellness or Digging Wellness |
| 10:00 | We will be CLOSED TO OBSERVE DAY | Cooking Skills | Cooking Skills | Cooking Skills | Talking Circle |
| 11:00 | | Occupational Dimension & Lunch | Wellness Workout & Lunch | Nutrition & Lunch | Tool Time & Lunch |
| 1:00 | | Writing for Wellness | Ro Tanacama | Cenpatico Member | Social Activity |
| 2:00 | | Wii! | Be Awesome | Advisory Council | Art of Wellness |
| | 9/10 | 9/11 | 9/12 | 9/13 | 9/14 |
| 9:00 | Coffee Talk | 9:15 Tabata Time! | Time Management or Move to Soothe | No Alumni or | |
| 10:00 | Move to Soothe | Cooking Skills | Cooking Skills | Discovery Classes | Camp closed for |
| 11:00 | Financial Dimension & Lunch | Occupational Dimension & Lunch | Wellness Workout & Lunch | Camp 49 Jubilation | staff training |
| 1:00 | Health Ed | Writing for Wellness | 1) ca Wind Warde | Celebration at 3:30 | |
| 2:00 | Mindful Drumming | Wii! | Use Kind Words | | |
| | 9/17 | 9/18 | 9/19 | 9/20 | 9/21 |
| | | | -, | | 3, |
| 9:00 | Coffee Talk | 9:15 Tabata Time! | Computer Skills or Move to Soothe | Wellness Workout | Dance of Wellness or Digging Wellness |
| 9:00 10:00 | Coffee Talk Move to Soothe | 9:15 Tabata Time! Cooking Skills | Computer Skills or | · | Dance of Wellness or |
| | | | Computer Skills or Move to Soothe | Wellness Workout | Dance of Wellness or Digging Wellness |
| 10:00 | Move to Soothe Financial Dimension & | Cooking Skills Occupational Dimension | Computer Skills or Move to Soothe Cooking Skills Wellness Workout, Lunch & Advisory Council | Wellness Workout Cooking Skills | Dance of Wellness or Digging Wellness Talking Circle |
| 10:00 | Move to Soothe Financial Dimension & Lunch | Cooking Skills Occupational Dimension & Lunch | Computer Skills or Move to Soothe Cooking Skills Wellness Workout, Lunch & Advisory | Wellness Workout Cooking Skills Nutrition & Lunch | Dance of Wellness or Digging Wellness Talking Circle Tool Time & Lunch |
| 10:00 11:00 | Move to Soothe Financial Dimension & Lunch Breaking Free | Cooking Skills Occupational Dimension & Lunch Writing for Wellness | Computer Skills or Move to Soothe Cooking Skills Wellness Workout, Lunch & Advisory Council | Wellness Workout Cooking Skills Nutrition & Lunch Spiritual Dimension | Dance of Wellness or Digging Wellness Talking Circle Tool Time & Lunch Social Activity |
| 10:00 11:00 | Move to Soothe Financial Dimension & | Cooking Skills Occupational Dimension & Lunch Writing for Wellness Wii! | Computer Skills or Move to Soothe Cooking Skills Wellness Workout, Lunch & Advisory Council | Wellness Workout Cooking Skills Nutrition & Lunch Spiritual Dimension Computer Skills | Dance of Wellness or Digging Wellness Talking Circle Tool Time & Lunch Social Activity Art of Wellness |
| 10:00 11:00 1:00 2:00 | Move to Soothe Financial Dimension & | Cooking Skills Occupational Dimension & Lunch Writing for Wellness Wii! 9/25 | Computer Skills or Move to Soothe Cooking Skills Wellness Workout, Lunch & Advisory Council Work Hard 9/26 Wellness Retreat 8:30am-5:45pm | Wellness Workout Cooking Skills Nutrition & Lunch Spiritual Dimension Computer Skills 9/27 Wellness Retreat 8:30am-5:45pm | Dance of Wellness or Digging Wellness Talking Circle Tool Time & Lunch Social Activity Art of Wellness 9/28 Wellness Retreat 8:30am-2:45pm |
| 10:00 11:00 1:00 2:00 | Move to Soothe Financial Dimension & Lunch Breaking Free Mindful Drumming 9/24 Coffee Talk | Cooking Skills Occupational Dimension & Lunch Writing for Wellness Wii! 9/25 9:15 Tabata Time! Cooking Skills | Computer Skills or Move to Soothe Cooking Skills Wellness Workout, Lunch & Advisory Council Work Hard 9/26 Wellness Retreat 8:30am-5:45pm | Wellness Workout Cooking Skills Nutrition & Lunch Spiritual Dimension Computer Skills 9/27 Wellness Retreat 8:30am-5:45pm | Dance of Wellness or Digging Wellness Talking Circle Tool Time & Lunch Social Activity Art of Wellness 9/28 Wellness Retreat 8:30am-2:45pm |
| 10:00 11:00 1:00 2:00 9:00 10:00 | Move to Soothe Financial Dimension & Lunch Breaking Free Mindful Drumming 9/24 Coffee Talk Move to Soothe Financial Dimension & | Cooking Skills Occupational Dimension & Lunch Writing for Wellness Wii! 9/25 9:15 Tabata Time! Cooking Skills Wellness Retreat | Computer Skills or Move to Soothe Cooking Skills Wellness Workout, Lunch & Advisory Council Work Hard 9/26 Wellness Retreat 8:30am-5:45pm | Wellness Workout Cooking Skills Nutrition & Lunch Spiritual Dimension Computer Skills 9/27 Wellness Retreat 8:30am-5:45pm | Dance of Wellness or Digging Wellness Talking Circle Tool Time & Lunch Social Activity Art of Wellness 9/28 Wellness Retreat 8:30am-2:45pm |
| 10:00 11:00 1:00 2:00 9:00 10:00 11:00 | Move to Soothe Financial Dimension & Lunch Breaking Free Mindful Drumming 9/24 Coffee Talk Move to Soothe Financial Dimension & Lunch | Cooking Skills Occupational Dimension & Lunch Writing for Wellness Wii! 9/25 9:15 Tabata Time! Cooking Skills | Computer Skills or Move to Soothe Cooking Skills Wellness Workout, Lunch & Advisory Council Work Hard 9/26 Wellness Retreat 8:30am-5:45pm | Wellness Workout Cooking Skills Nutrition & Lunch Spiritual Dimension Computer Skills 9/27 Wellness Retreat 8:30am-5:45pm | Dance of Wellness or Digging Wellness Talking Circle Tool Time & Lunch Social Activity Art of Wellness 9/28 Wellness Retreat 8:30am-2:45pm |

Lunch is available for those participating in the 11AM classes. All activities are at Camp Wellness unless otherwise noted. Schedule is subject to change. Building hours are 8:30-3:30 Monday-Friday except Wednesdays 8:30-1:30.

1030 N. Alvernon Way Tucson, AZ 85711, 520-396-2310, campwellness.org





